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HOW RESONANT TUNING HELPS YOU CONNECT MORE EASILY WITH HIGHER STATES

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Resonant Tuning, an essential part of the Monroe preparatory process, is one of the first techniques we learn in Gateway Voyage. This tool uses breath and sound to increase and balance the flow of your energy to prepare your mind for expanded states of awareness. But how does resonate tuning connect you with higher states? Well, I'm here today to share my understanding of it as well as the experiences I've had using Monroe meditations.

For those who are not aware of Resonant Tuning, it consists of listening to a group of voices harmonizing and humming. In most of my meditation exercises, I've found that matching the vibrations and harmonizing with the voices in this tool helps me build a great amount of energy—which I then use for manifestation, healing, or exploration. I start gradually, humming along and feeling my lips buzz with each hum. I feel this energy resonate and build into a flowing form that comes up above me and moves down through my head and back out through my mouth in a circular breeze of energy. I feel this. I feel it build. From there, I can feel this energy becoming greater and greater as my hum turns more into singing and I emotionally open up and ready myself for exploration.

This buildup of energy is key for me to have a successful exercise. To manifest or heal, I find I need to build and then release a great amount of energy into my visualization, and resonant tuning helps a great deal with this. As I move into my meditation exercise, I feel the built energy release and beam toward my visualizations, which makes my manifestation sessions quite powerful. The same goes as I focus my energy on healing myself.

It's important to note that you can control the amount of energy you want to build. If you're looking for a more relaxing meditation or one to help you sleep, you don't want to build a great deal of energy. You can control the amount of energy you build in your

resonant tuning by how you conduct the tuning and by focusing on releasing energy as you hum or sing.

How does this relate to higher states of awareness? Reaching higher or more expanded states is much easier and more intuitive to do if you have generated a source of energy. You can use that energy to expand your consciousness and move on to have a grand adventure. So, in short, resonant tuning helps you more easily and seamlessly connect to higher states by helping you build and focus your energies more clearly.

Not every tool works for everyone, but very few people I've spoken with have said resonant tuning doesn't work for them. It seems to be a pretty universally enjoyed and effective part of the preparatory process, so I encourage you to practice this daily and incorporate it into your regular meditations.